

Cognitive Distortions

hw9 !

December 2020

1 TEXT

Cognitive distortions are simply ways that our mind convinces us of something that isn't really true.

These inaccurate thoughts are usually used to reinforce negative thinking or emotions — telling ourselves things that sound rational and accurate, but really only serve to keep us feeling bad about ourselves

What causes cognitive distortions?

If you suffer from anxiety, depression, low self-esteem, or perfectionism, your thinking can skew your perceptions. Cognitive distortions reflect flawed thinking, often stemming from insecurity and low-self-esteem. Negative filters distort reality and can generate stressful emotions.

How can I improve my cognitive thinking? Discover five simple, yet powerful, ways to enhance cognitive function, keep your memory sharp and improve mental clarity at any age. Adopt a growth mindset. ... Stay physically active. ... Manage emotional well-being. ... Eat for brain health. ... Restorative sleep.

2 LIST

A list of "Cognitive Distortions"

- Filtering
- "Black and White" Thinking
- Overgeneralization
- Jumping to Conclusions
- Personalization
- Control Fallacies
- Fallacy of Fairness
- Blaming
- Emotional Reasoning
- Fallacy of Change
- Shoulds
- Global Labeling
- Always Being Right
- Heaven's Reward Fallacy

3 TABLE

improving your cognitive thinking makes you can control		
Anxiety	stress	self-Esteem

4 PICTURE

